

MidnightExpress

919th SPECIAL OPERATIONS WING

DUKE FIELD, FLORIDA

November 2002



Photo by Staff Sgt. Marnee Carlson

Nuts & Bolts

Staff Sgt. Tony Guess, left, 919th Propulsion Flight C-130 engine mechanic, assists fellow flight member Senior

Airman Daniel Gross with loosening a bolt that connects the engine to the aircraft frame. See story on pages 6-7.



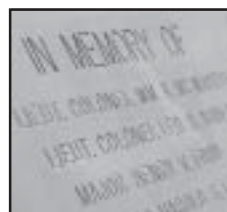
Mobilized reservists have rights to civilian job

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Son of fallen hero retraces father's last days

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Mobilized reservists have rights to civilian job

By Staff Sgt. Marnee Carlson
919th SOW Public Affairs



Duke Field's 919th Security Forces Squadron Commander Maj. Selwyn P. Jenkins was one of 70 reservists here deactivated in

October. For Jenkins and others called to active duty in support of America's war on terrorism, assurance that they can return to their civilian job is one less stress to their transition to civilian life.

To help them, Congress passed the Uniformed Services Employment and Reemployment Rights Act in 1994 to keep reservists out of the unemployment line after their military service commitment ends.

Fortunately, for Jenkins, a Georgia State Trooper who patrols the Tifton, Ga. area 240 miles northeast of Duke Field, his employer has been very supportive of him since he was activated in September 2001.

"The state patrol has been good to me in the past year," he said. "When I was activated they gave me the day off so I was able to make it to Duke Field within 24 hours. They let me use up my leave before putting me on administrative leave. They have kept in contact with me every step of the way."

Jenkins first day back to work was Nov. 1. He said he has to catch up on some training before hitting the streets, but other than that the transition should be smooth. However, not all reservists may be as lucky as Jenkins.

More than 14,000 Air Force Reserve members were mobilized; 600 of those members were from the 919th SOW. By October that number dropped to 4,800 as reservists demobilized and returned home.

Many of these people may be wondering, "Will I get the same job back when I go back to work?" This is where USERRA helps.



Photo by Staff Sgt. Marnee Carlson

919th Special Operations Wing Family Support Center Superintendent Master Sgt. Barbara Lodrini was one of 70 reservists here who were deactivated in October. Lodrini is a speech-language pathologist at RehabWorks in Fort Walton Beach. She returned to work in October.

USERRA: Get the facts

USERRA addresses a number of issues, ranging from the reservists' responsibility to notify their employers to expanded reemployment rights for employees.

USERRA increases the anti-discrimination protection for reservists in hiring, retention and advancement on the basis of their military obligation. Furthermore, employers must make reasonable efforts to retrain or upgrade skills to qualify workers for reemployment following lengthy absences because of military obligation.

"If an employee can't get his or her exact job back, the employer should provide one with like pay and status," said Army National Guardsman Lt. Col. Jess Soto of the Employer Support of the Guard and Reserve's national headquarters in Arlington, Va. "If employers cannot provide like pay and status, they must prove an undue hardship."

919th SOW Family Support Center Superintendent Master Sgt. Barbara Lodrini did get her civilian job back after being deactivated in October. However, it isn't the same job.

Lodrini, a speech-language pathologist, returned to work Oct. 21 at RehabWorks in Fort Walton Beach, Fla. Before being activated after 9/11 she was providing speech therapy services at a pediatric clinic. Lodrini has worked at Duke since 1992.

"I had a case load of 20 plus patients and when I was activated I had to give those patients to my two co-workers, which increased their workloads," she said. Her employer found a replacement for her in



If an employee can't get his or her exact job back, the employer should provide one with like pay and status. If employers cannot provide like pay and status, they must prove an undue hardship.

— Lt. Col. Jess Soto
Army National Guardsman of the Employer Support of the
Guard and Reserve's national headquarters in Arlington, Va.



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COMMENTARY

As an activated member is the government matching the funds I am paying towards the Thrift Savings Plan?

The government is not matching funds into your military Thrift Savings Plan account. However, if you are a Federal Employees' Retirement System employee with entitlements, the agency employing you as a civilian must deposit one percent of your civilian salary for the period of leave without pay. They must also match your military TSP contribution not to exceed four percent of your civilian salary for the period of leave without pay into your civilian account. Employees will have to provide documentation showing the period of active duty, period of leave without pay, and the amount contributed militarily.

There have been instances where military members have complained that TSP deduction are not occurring automatically from their military pay and subsequently they are having to pay it out-of-pocket, which is money already taxed. Obviously, this is not the way it is supposed to work since TSP contributions are pre-tax dollars. Anyone experiencing this problem should contact their Finance Office.

For more information, contact the Civilian Personnel Office at Eglin Air Force Base at 882-6171, or visit the TSP website at <http://www.tsp.gov>.

Commander's FORUM

The Commander's Forum is your direct link to me for any questions or suggestions about subjects of concern to the Duke Field community.

To use the Forum, please e-mail me with your concerns at the address listed below. Items of general interest will be printed in the Midnight Express. As appropriate, some queries will be met with personal response.

Remember, the quickest and most efficient way to resolve a problem is to talk directly with the agency responsible. This gives the agency an opportunity to help you and perhaps improve its process.



Brig. Gen. Mark Stogsdill
919th SOW commander

919sow.midnightexpress@eglin.af.mil

Congratulations graduates

Congratulations for a job well done to the following 919th Special Operations Wing members who are the newest Community College of the Air Force Graduates.

919th Civil Engineer Squadron
Senior Master Sgt. Thomas L. Chavers

711th Special Operations Squadron
Master Sgt. Gary W. Hard
Master Sgt. Tyler W. Outten

919th Logistics Group
Master Sgt. Lee. E. Tomlinson
919th Special Operations Wing
Tech. Sgt. Angela S. Mandley
919th Medical Squadron
Staff Sgt. Tricia A. Miller

Safety Office offers holiday travel tips

By Master Sgt. Dennis Moore
919th SOW Safety Specialist

As the end of the year approaches and the holidays are just around the corner, now is the time to begin making annual plans for holiday travel. Veteran travelers have learned that good preparation is essential for any trip. The following tips can help drivers of all ages for the holidays.

The home is the first thing that we need to prepare before leaving on long trips. Here are a few tips that might be helpful to you.

Let a trusted neighbor or family person know your destination and place of temporary stay.

Have the newspaper and mail put on a temporary stop, if going for a long period of time.

Install night timers on the inside and outside lights to coordinate with the time of day. Give your home the "live-in" look.

If traveling for long distances take a break about every three hours to stretch.

Drink water, eat light and do not drink and drive.

Now comes the traveling part, when it comes to your auto ensure that it is in top running condition.

Also, check your autos tire pressure and inspect the tires for bad spots and imperfections.

Have the oil changed and perform an inspection of your engine for leaks and bad



Photo by Tech. Sgt. Allison Day

The holiday season is around the corner. Now is the time to make travel plans. Checking tire pressure can make for one less stress during holiday trips.

engine belts. Check all fluids to make sure that they are at proper operating levels.

For those individuals who use cellular phones, here are a few tips.

Ensure the battery is fully charged. It is good practice to have a back up battery.

When making calls in heavy traffic have a passenger make the call for you.

If traveling alone find a safe place to pull over and make your calls.

With all this newly acquired information that we now have it is hopeful that we remember a few of these tips for the holidays. Remember the three P'S for the holidays:

Plan for your trip;
Protect yourself, and;
Prevent crashes. Be alert.

QUOTABLE QUOTE

"We have to recognize that those states that are harboring terrorists - and facilitating and encouraging them - are problems for us equal to the terrorist network problem."

—Donald Rumsfeld,
Secretary of Defense

RIGHTS From page 2

March. "Now I'll have to establish a new case load. I'll be spending part of my time with 0-3 year olds and then the remainder of the week working with adults at the hospital."

Although she took a 20 percent pay cut to work at Duke, Lodrini doesn't think of her time at Duke Field as a sacrifice.

"It was more of a sacrifice for my patients who had grown used to me and for my two co-workers who had to take over my caseload," she said. Upon her return to work, she said the biggest hassle is getting back into her company's pay system and starting up her benefits, which will take two to three weeks.

USERRA expands health care and employee benefit pension plan coverage. It also improves protection for disabled veterans and strengthens enforcement mechanisms for service members who believe their reemployment rights have been violated.

Among the act's most important provisions is the one that expands the length of time that a reservist can be away from civilian employment. With USERRA, an employee can perform duty up to a total of five cumulative years while employed by that employer and still retain his or her reemployment rights.

There are many kinds of duty that do not count against the five-year limit, such as unit training assemblies and involuntary deployments. As a result, the majority of reservists never get close to reaching the five-year limit.

What does count toward the five-year limit is special training that is not categorized as professional development and volunteer duty assignments for non-critical requirements.

ESGR: Educating reservists

Educating reservists about the USERRA law is one of the roles of the ESGR headquarters, which was created in 1972 to keep conflicts between civilian employment and military duties to a minimum.

The Florida ESGR committee is made up of approximately 100 volunteers comprised of business executives, government representatives, educators and military personnel. The ESGR representatives at Duke Field are Capt. Beena Maharaj, 919th SOW Public Affairs, 883-6347, Lt. Col. Michael Miralles, 719th Maintenance Squadron commander, 882-6036, and Maj. Raymond Porrata, 919th SOW executive officer, 883-6314.

According to Maharaj, their goal is to conduct a wide variety of informational and assistance programs designed to create awareness among employers and gain support for reservists and the mission of the Reserve components.

If local efforts fail to resolve a conflict, reservists can contact an ESGR ombudsman directly for assistance by going through the HQ ESGR-toll-free number 1-800-336-4590.

The headquarters now receives more than twice as many calls as it did before 9/11.

"Around 30 to 40 percent of the callers just want information," Soto said. "Although the employee isn't 'bullet proof,' the law benefits the reservists and their families. ESGR is here to ensure both the reservist and the employer are familiar with that law."

(Kenny Pruitt, Air Force Reserve Command Public Affairs, contributed to this article.)



Photo by Karen Hall

Sharp Troop

Senior Airman Nathan Martin, 919th Security Forces Squadron, aims at his target using an M-870 shot gun. Martin is an activated reservist supporting Operation Enduring Freedom. He is this month's Sharp Troop.

Responsibility for protecting rights rests with reservists

ROBINS AIR FORCE BASE, Ga. - Enacted by Congress in 1994, the Uniformed Services Employment and Reemployment Rights Act is designed to protect an individual's civilian job when he or she goes on active duty, voluntarily or involuntarily.

However, the individual must meet certain eligibility requirements to be protected by the law. Those provisions include:

- Holding a civilian job with some reasonable expectation for continued employment;
- Giving notice to the employer that he or she will be leaving the job for service in the uniformed services, including Reserve component training;
- Being released from military service under honorable conditions;
- Not exceeding the five-year cumulative limit on periods of military service; and
- Applying for reemployment in a timely manner.

Members of Air Force Reserve and other reserve components can learn more about the USERRA laws by going to the Employer Support of the Guard and Reserve's Web site - www.esgr.com (AFRC News Service)

Ch-Ching!

Benefit increase equals big bucks for reservists

Educational benefit for Tuition Assistance increased from 75 to 100 percent

By Senior Airman Lena King
919th SOW Public Affairs

Ch-Ching! Is the sound that many reservists will now hear thanks to the Air Force Reserve Command's decision to eliminate another 25 percent of tuition costs for airmen.

"He who wants it, comes and gets it," said Capt. Greg Hetrick, 919th Special Operations Wing education specialist, of airmen seeking higher education. "With this increase in Tuition Assistance now more than ever is the time to seek a degree."

For the second year in a row, Air Force Reserve Command is boosting the amount of help offered through its Tuition Assistance Program for undergraduate work.

Effective Oct. 1, the Reserve increases a student's maximum assistance per semester hour from \$187.50 to \$250 for undergraduate work, reimbursing reservists for 100 percent

of the tuition cost up to \$4,500 annually for education programs offered by Defense Activity for Non-Traditional Education Support, or DANTES.

and bolster retention.

"The aim here is to encourage reservists to continue furthering their education, we [the Education Wing] are always here to help



Once my GI Bill is gone, I'm going to use Tuition Assistance to finish my degree or maybe a masters!

— Senior Airman John Simpson
719th Communications Flight computer systems apprentice



According to Hetrick, last year the Reserve raised the maximum annual aid for reservists from \$2,500 to \$3,500 and expanded tuition assistance for the DANTES distant learning program to include master's degrees.

The master's degree program will remain the same this year, with the Reserve reimbursing reservists up to 75 percent of the tuition costs. Participants may get up to \$187.50 per semester hour or a maximum of \$3,500 annually to complete their degrees.

As in the past, the changes are part of the Reserve's ongoing effort to attract recruits

and answer any questions airmen may have," Hetrick said.

Senior Airman John Simpson, a 719th Communications Flight computer systems apprentice, is a computer engineering major attending Okaloosa Walton Community College in Niceville, Fla.

"Once my GI Bill is gone, I'm going to use TA to finish up my degree or maybe even towards a masters," Simpson said. "This [TA] is a great tool for young airmen like myself who might need assistance furthering their education."

STREET BEAT: WHAT DO YOU THINK OF THE NEW TUITION ASSISTANCE INCREASE?



"I think it's a great incentive to keep people in the military and into the Officer's Program too."

Tech. Sgt. Jonathan Warren,
919th SOW Command Post
Associates of Arts



"It's great! I have a masters in Theology, everyone should take full advantage of the benefits through the Reserve."

Chaplain (Capt.) Barry Dickson
919th SOW Chaplain
Masters in Theology



"This increase is very worthwhile, because all your costs are gone. Very commendable because I know education costs continue to increase every year."

Master. Sgt. Karyn Sanders,
919th SOW Military Equal
Opportunity
Doctorate in Education



"I love it! I'm continuing my degree in January and I'm going to use it."

Airman 1st Class Gamalier Hernandez,
919th SOW
Undecided on major

PROPULSION

The accelerating force behind the 919th Special Operations Wing MC-130E fleet

*Story and photos by Staff Sgt. Marnee Carlson
919th SOW Public Affairs*

Just as a NASCAR car driver depends on his pit crew to maintain a competitive edge on the track, an MC-130E Combat Talon I pilot depends on his maintenance crew to sustain combat superiority in the skies.

On Duke Field, the skilled team of professionals who maintain MC-130E engines and propellers are the Reserve's 919th and the active duty's 716th Maintenance Squadron (MXS) Propulsion Flight.

Just as a NASCAR driver pulls off the track for a routine pit stop, the 919th Propulsion Flight inspects MC-130 engines on a scheduled frequency. However, according to Staff Sgt. Thomas Kown, 919th MXS C-130 engine mechanic, a pilot can't roll off to the side of a track so it is imperative that engine preventative maintenance be accomplished between flights.

To prevent problems the propulsion flight frequently inspects engines and performs regularly scheduled maintenance. Kown said the squadron's engine manager records each engine part's serial number and tracks the flight hours for that part.

When the part's time is up, it is replaced. These flight line docs also diagnose engine problems during flight checks and determine the course of action for repair.

Whether it is replacing a small part or the whole engine, working on an aircraft is a lot different than working on a car. According to Kown, the engines are a lot more complex. On top of that, the MC-130 E, which is 38 feet tall, 100 feet long and has a 138 feet wingspan, has not one, but four engines. Each of these engines is 12.5 feet long and weighs almost 2 tons. Attached to each engine is a propeller, which is over 13 feet in diameter and weighs 1,150 pounds.

"It takes four people three hours [with support from three other specialist in the shop] to change an engine," Kown said. "It takes two experienced people three to four hours to change a propeller."

In the ISO hangar, strategically placed platforms allow easy access to the engines. To remove or install an engine, the aircraft mechanics secure the engine to a hoist, a pulley

system attached to the hangar ceiling. The hoist allows them to guide the engine off the aircraft to the engine stand on the hangar floor for transport to the engine shop for repair. Kown said the squadron changes approximately 20 engines a year.

According to Senior Master Sgt. Kenneth Potter, 919th MXS Propulsion Flight chief, Duke Field is a unique learning experience for aircraft mechanics, especially for active duty members.

Active Duty Propulsion Flights send engines that need intermediate level repairs to "Queen Bee" units, at bases such as Little Rock Air Force Base, Ark., and Dyess AFB, Texas.

According to Potter, reservists don't have that luxury.

"At Duke Field, aircraft mechanics get the opportunity to learn everything," Potter said.

Engine mechanics spend time working flight line dispatch, in-shop engine and propeller build up and teardown, engine test-cell, support equipment maintenance, and Isochronal inspection. "This is extremely beneficial for the active duty airmen of the 716th Maintenance Squadron."

According to Kown, the most challenging yet favorite aspect of his job is putting the engine together. New propellers and engines are shipped to the propulsion flight in a big can. This jigsaw puzzle comes in many pieces, and putting it all together can be an intricate task.

"It's like a puzzle," Kown said. "But it's rewarding to see the finished product in operation."

In operation for the 919th Special Operations Wing includes providing infiltration, exfiltration and resupply of special operations forces and equipment in hostile or denied territory. Secondary missions include psychological operations and helicopter air refueling.

After the mechanics have repaired and installed the engines, they do one last test.

"We want to make sure that everything is connected and running correctly while the aircraft is on the ground," he said.

According to Kown, safety is paramount in this job.

"Whether it is removing, rebuilding, or installing an engine attention to detail is crucial at all times. Lives and the missions depend on how well we do our job," he said.



Staff Sgt. Tony Gu
screw to raise a pro
Hangar to the eng
four hours to chan



Gross, 919th Propulsion Flight C-130 engine mechanic, uses a jack and propeller on the prop dolly to prepare it for transport from the Isochronal line shop across the street. It takes two experienced people three to move a propeller on an MC-130E.



Top: Senior Airman Daniel Gross, 919th MXG C-130 engine mechanic loosens the bolt securing the engine to the aircraft.

Bottom: Staff Sgt. Thomas Kown, top, and Staff Sgt. John Dixon, bottom right, both 919th MXG C-130 engine mechanics, use a pulley system attached to the hangar ceiling to guide the engine off the aircraft to an engine stand on the hangar floor.

007...

Not exactly, but the 919th Operations Support Squadron Intelligence Flight does keep the Wing current on possible threats to the mission

By Staff Sgt. Marnee Carlson
919th SOW Public Affairs



Intelligence; for many people the word conjures up images of debonair spies armed with sophisticated gadgets who jet set across the world chasing the most evil of villains.

While the ultimate intent is to outwit the bad guys, this stereotype couldn't be farther from reality, according to Master Sgt. Bill Trainor, 919th Operations Support Squadron Intelligence Flight non-commissioned officer.

"Have you ever seen one of those old World War II movies where there is a guy up there pointing at a map briefing a bunch of bomber pilots?" asked Trainor, who was activated to support the war on terrorism last year. "Well, that's more like what we do. Basically, we are analysts."

Reality for the 10 members of the 919th Intelligence Flight is scrutinizing intelligence reports and staying current on world events that have the potential to impact the 919th Special Operations Wing mission and its aircraft.

919th SOW Combat Talon I crews fly into hostile territory to resupply special operations forces as well as to provide them with equipment. Secondary missions include psychological operations and helicopter air refueling.

Because of the nature of the special operations mission, the 919th Intelligence Flight

can't reveal any secrets. However, some of the more common aspects of the job include giving classified briefs to the general and his staff, as well as providing the soon-to-be-deployed with information on the specific threats of their deployed locations.

Both at home and abroad, intelligence specialists keep aircrew informed on enemy weapon systems, tactics, training, and improvements to systems that may pose a threat to the Combat Talon I and its aircrew.

Although it isn't in the 007 fashion, members of the 919th Intelligence Flight do get to travel. According to Tech. Sgt. Brian Harris, 919th Intelligence Operations Specialist, some flight members spent more time deployed this year than at home. Harris is an air reserve technician and was activated last year to support Operation Enduring Freedom.

According to Harris, when deployed, the job takes on different aspects.

"To keep our crews one step ahead of the enemy we monitor movement of enemy troops and equipment in order to determine a probable course of enemy action," Harris said. "We also assist aircrew in developing an evasion plan of action. In the event an

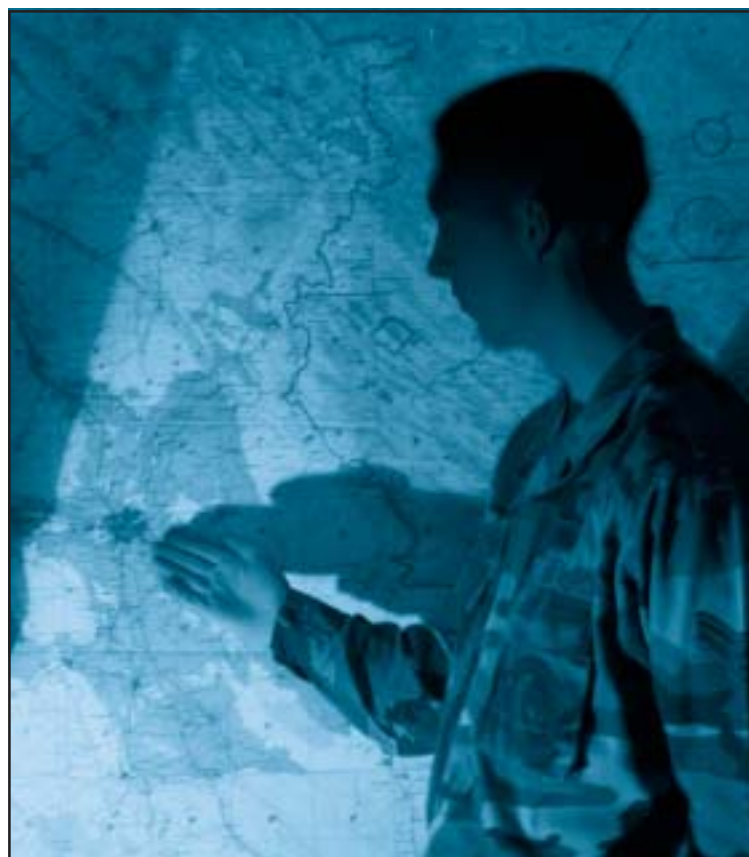


Photo by Senior Airman Lena King

An intelligence specialist points out Baghdad, Iraq on an office map. This is one of many areas of concern that the 919th Operations Support Squadron Intelligence Flight gathers information on. The flight stays current on world events that have the potential to impact the 919th Special Operations Wing's mission and its aircraft.

aircraft goes down, the aircrew follows this plan so the rescue forces know their intentions. Basically, we are a conduit between the rescue forces and the aircrew to facilitate a quick recovery."

According to Trainor, because of the nature of the work not just anyone can work in intelligence. He said it takes a top secret clearance, six months of technical school, and three weeks of survival training. In all, it takes more than two years to obtain a three level. And, according to Harris, to excel in the career field it takes a passion for current events.

"No matter what happens in the world we have to be informed," Harris said. Harris finds this aspect of the job to be the most challenging. "At times you may only have 10 minutes to do an hour of research to prepare for your next briefing."

Although Harris said the job can be stressful, it is gratifying.

"Whatever happens operationally we are involved in it," he said. "We have a big part to play in every mission the 919th flies."

Remembrance:

Son of fallen hero retraces father's last days

By LaToya Lewis
919th SOW Public Affairs



On Oct. 3, in a silent field across from the 919th Security Forces Squadron stands Sam Leffel honoring a man he never met. That man, Maj. H. Leffel, a 3205th Drone Group DB-17 Flying Fortress navigator, and more importantly an expectant father, spent his last hours Aug. 25, 1952 in the air above the Gulf of Mexico serving his country at Duke Field.

Sam and his wife, Connie, made the trip from Virginia to visit the monument listing the six air crew members who were accidentally shot down that day 50 years ago. Sam never met his father. He was born 3 months after the accident.

"Coming here is something I always wanted to do," he said. "This was the last ground my father touched. He took off from this field and never returned."

The mission for the 500 members of the 3205th Drone Group in 1952 was to provide drone aircraft as targets for testing ground-to-air and air-to-air weapons. Drones were radio-controlled pilotless aircraft.

On that fateful day, Maj. Leffel and the seven crewmembers of the DB-17 Flying Fortress took off from Duke Field to participate in the F-86D Interceptor Aircraft Development project. The director aircraft flew one mile behind the drone and controlled the drone, which was supposed to be the target for the test.

Tragically, the F-86D pilot misidentified the director plane for the drone and shot 12 inert 2.75 mm aircraft rockets into the aircraft's nose section. Only two crewmembers survived.

Sam has no memories of his father other



Photo by Senior Airman Lena King

Members of the 3205th Drone Group who on Aug. 25, 1952 gave their lives to their country in furtherance of the mission of the United States Air Force," is inscribed on the monument across from the 919th Security Forces Squadron. Sam Leffel and his wife Connie made the trip from Virginia to visit the monument honoring the father he never met.

than pictures, the Duke Field monument and a street here with his father's name. For Sam, these symbols ensure the memory of his father. After the incident there were six streets named after those who died. There is also a building on Eglin Air Force Base named after the remote control pilot of the downed aircraft.

"Sacrifices are needed for the defense of our country," he said "As a civilian I'm glad to know our defense is ready. The Air Force is doing so much for freedom and our safety."

In addition to Maj. Leffel, crewmembers included Lt. Col. W. McWhorten, co-pilot, Lt. Col. L. Audette, radar observer, Maj. H. Ford, pilot, Capt. R. Blake, radar control pilot, and Tech. Sgt. L. Philips, flight engineer.



**This was the last ground my father touched.
He took off from this field and never returned.**

— Sam Leffel

son of Maj. H. Leffel, a 3205th Drone Group DB-17 Flying Fortress navigator



Surgeon General discourages use of ephedra diet aid

By Tech Sgt. Allison Day
919th SOW Public Affairs

From losing weight to boosting energy, people take the dietary supplement ephedra for a variety reasons. However, these supplements may not be as safe as people once thought.

The Air Force Surgeon General, Lt. Gen. Paul K. Carlton, Jr. has discouraged the use of nutritional supplements containing ephedra (Ma Huang), by all U.S. Air Force personnel.

The American Medical Association testified before Congress on Oct. 8 about the dangers of the ephedra, which is found in energy boosters, body building drinks, and over-the-counter diet pills.

According to Staff Sgt. W. Frank Johnson, 919th Medical Squadron, since dietary supplements are classified as foods under federal law, they are assumed to be safe and are subjected to limited regulatory control.

AMA has urged Congress to require that dietary supplements be subjected to the same regulations as over-the-counter and prescription drugs.

"These regulations should lead to better quality and safety," Johnson said.

Until these regulations are approved the surgeon general has recommended all supplements with ephedra be removed from sale at all Air Force Base facilities. The surgeon general said this decision was made after several Air Force deaths were linked to supplement use.

According to the AMA, ephedra has effects on the cardiovascular and central nervous systems; it may cause cardiac arrhythmias, heart attacks, strokes, seizures and sudden death in both previously healthy people, as well as in those with risk factors for these conditions.

"If you have a weight problem, rather than trying to loose it quickly the emphasis should be placed on long-term weight management," Johnson said. "This includes a well-balanced diet and regular exercise. And, you should always check with your physician prior to any weight loss program." (*Editor's note: This is part two of a three-part series.*)



Courtesy photo

Anthrax may not be detected in time to don protective gear, like this ground crew ensemble, before exposure, because there is no cloud, no color, no taste and no obvious indication of an attack when dispersed as an aerosol. By the time the person is aware of symptoms, it's too late for treatment. The anthrax vaccine is a time-tested, proven deterrent to the threat.

Threat, tour length determines need for Anthrax

Unless deployed to a high-threat area for more than 15 days, most Air Force reservists can expect to keep their sleeves rolled down after the Air Force distributed its anthrax implementation plan to commanders Oct. 11.

In a June 28 memorandum, Deputy Secretary of Defense Paul D. Wolfowitz said active-duty people and emergency-essential Department of Defense civilians, as well as members of reserve components who are deployed for more than 15 days to high-threat areas will be immunized.

According to Tech. Sgt. Penny Mueller, 919th Medical Squadron medical technician, the 919th Special Operations Wing is still

waiting for guidance to start administering the vaccine.

In 1998, BioPort, the only company making the vaccine, closed its facility for renovation. With the halt in production, supplies of the vaccine dwindled. By 2000 the military had slowed its vaccination program.

U.S. intelligence agencies are keeping track of the locations where anthrax could or would be used as a biological weapon. Higher-threat areas include countries primarily in Southwest Asia, said Maj. Linda Bonnel of the Air Force Medical Operations Agency.

(By **Kenny Pruitt**, Air Force Reserve Command Public Affairs)

DINING HOURS & HOLIDAY MENU

The dining facility serves breakfast from 6 to 7:15 a.m. Saturdays and from 5:30 to 6:45 a.m. Sundays. The facility is open for lunch from 10:30 a.m. to 1 p.m. Saturdays and Sundays, and dinner is served from 4:30 to 6 p.m. Saturdays. The holiday meals will be Saturday of the November and December Unit Training Assemblies. The meal price for paying customers is \$5.25.

Lunch Menu:

Saturday – Roast turkey, steamship round of beef, baked ham, corned bread dressing, steamed wild rice, mashed potatoes, glazed carrots, peas, sweet potato casserole, turkey gravy, shrimp cocktail and minestrone soup. No snack line due to holiday meal.

Sunday – Spaghetti with meat sauce, chicken pot pie, lemon baked fish, mashed potatoes, steamed rice, corn on the cob, green beans, garlic bread, and chicken noodle soup.

GAINS, RAISES & APPLAUSE

919th Special Operations Wing

Staff Sgt. Grady L. Kelley

919th Operations Support Squadron

Senior Airman Ross G. Duarte

Senior Airman Rebecca A. Engfer

Airman 1st Class Aaron N. Joyner

919th Maintenance Squadron

Senior Airman Connie G. Collins

Senior Airman Robert B. Delmarter

Senior Airman Roberto I. Melendez

Senior Airman Michael D. Martin

919th Medical Squadron

Maj. Timothy R. Tuel

Capt. Julie Ann Philppart

Capt. Kurt C. Workmaster

Tech. Sgt. Mark A. Wong

Staff Sgt. Sherry A. Neklason

919th Civil Engineer Squadron

Maj. Judah C. Bradley

919th Security Forces Squadron

Staff Sgt. William C. Whittington

919th Mission Support Squadron

Senior Airman Jennifer D. Mingo

919th Logistic Support Squadron

Senior Airman Phillip Bahm Jr.

Senior Airman Faith Gray

Senior Airman Faith E.B. Haze

Senior Airman David A. Lawson

5th Special Operations Squadron

Lt Col. Mark C. Blalock

Capt. Travis C. Zimmer

Senior Airman Diana L. McCarty

719th Maintenance Squadron

Senior Airman Stephen S. Bower

Airman 1st Class Gama Hernandez-Rivera

711th Special Operations Squadron

Maj. David H. Newman

Senior Airman Hillary J. Downing

719th Communication Flight

Staff Sgt. Christopher M. Sowards

Kudos

Congratulations to former **Tech. Sgt. James Best**, 711th Special Operations Squadron Loadmaster Section, who was promoted to master sergeant via the Promotion Enhancement Program (PEP) promotion on Oct. 1 while in Afghanistan.

UTAHIGHLIGHTS

Duty hours for 919th members are 7:30 a.m. to 4:15 p.m. Saturdays, and 7 a.m. to 3:45 p.m. Sundays, except for 919th Medical Squadron and 919th Operations Support Squadron personnel, who sign in at 7 a.m. both days. Newcomers need to report to the Military Personnel Flight, Building 3077, Room 209, for inprocessing.

UTA SCHEDULE

FY 2003: Nov. 2-3, Dec. 7-8, Jan. 11-12, Feb. 1-2, March 1-2, April 5-6, May 3-4, June 7-8, July 12-13, Aug. 2-3, Sept. 6-7

| Time | Activity | Location | Point of Contact |
|---|-------------------------------------|---------------------------|---------------------------------------|
| Saturday, 7:30 a.m. to 4:15 p.m. | | | |
| 7:30 to 11 a.m., 1 to 3 p.m. | Immunizations | Bldg. 3120 | Capt. Dale Holt, 883-6377 |
| 9 to 10 a.m. | Yellow Fever Immunizations | Bldg. 3120 | Holt |
| 8:30 to 10:00 a.m. | CCAF/GI Bill Counseling | Bldg. 3002, Room 146 | Master Sgt. Ron Dougherty, 883-6638 |
| 8:30 to 11:30 a.m. | NBCDT Initial Training | Bldg. 3025 | Senior Master Sgt. McKinley, 883-6484 |
| 9 a.m. | Unit Deployment Managers Meeting | Bldg. 3025, DCC Tng. Room | Lt. Col. Joseph Norris, 883-6556 |
| 12:30 p.m. | Sponsors pick up newcomers | Bldg. 3077, Room 209 | Tech. Sgt. Sybil McDowell, 883-6458 |
| Sunday, 7 a.m. to 3:45 p.m. | | | |
| 7:15 a.m. | Catholic Service | Bldg. 3002, Room 155 | Chaplain, 883-6232 |
| 7:15 a.m. to noon | Military Equal Opportunity Training | Bldg. 3077, Room 209 | Maj. Vernon Watson, 883-6718 |
| 8 a.m. | Protestant Service | Bldg. 3002, Room 155 | Chaplain |
| 8 a.m. | End of Course Testing | Bldg. 3002, Room 108 | Dougherty |
| 8 a.m. | Drug Testing | Bldg. 3014 | Tech. Sgt. Johnson, 883-6377 |
| 8 a.m. to noon | Passports and Photos | Bldg. 3077, Room 205 | Tech. Sgt. Elaine Wellem, 883-6442 |
| 8:30 to 11:30 a.m. | NBCDT Refresher | Bldg. 3025 | McKinley |
| 10:15 a.m. | UTA Staff and Planning Meeting | Command Post | Brig. Gen. Mark Stogsdill, 883-6315 |

NOVEMBER UTA PAYDATES

The paydate for the November Unit Training Assembly will be Nov. 13 if the UTA pay system data is turned into the Wing finance office before 8:30 a.m. the day after the UTA.

If the data is received after 8:30 a.m., the pay date will be Nov. 15.

PAY INQUIRIES:

Military members may call 1-800-755-7413 toll-free 24 hours a day to find out the date of their last paycheck and other data. Individuals will be issued a PIN the first time they use the system.

THREE-MILE WALK

Saturday and Sunday of the November UTA is the last chance to do the mandatory timed three-mile walks. The walks are at 7:45 a.m. The walk route will be from the Pine Tree Recreation area to the north end of the road at munitions and back, twice.

All personnel must sign in and complete an AFRC Form 48 prior to beginning the walk. These forms are available through your or-

derly room/unit fitness monitor.

Each unit is required to provide a fitness monitor to assist their members with sign in and form collection.

Gym attire is appropriate, military uniforms will NOT be worn in accordance with AFI 40-501.

For more information contact Master Sgt. Mark Mioduszewski via e-mail, or call 883-6304/6392.

MILITARY PERSONNEL FLIGHT

MPF customer service hours for UTA weekends are 12:30 to 4:15 p.m. Saturdays, and 7 a.m. to 3:45 p.m. Sundays. The office is closed Saturday mornings to inprocess newcomers.

DUKE FIELD TO HOST TOP 3 CONFERENCE NOV. 16

The 919th Special Operations Wing Top 3 Association will host a conference Nov. 16 at the Duke Field theater. Registration is from 7:15 to 7:45 a.m. There will be guest speakers discussing a variety of topics. The

election of officers and board members will also take place.

According to Master Sgt. Mark Mioduszewski, 919th SOW Top 3 Association president, all senior noncommissioned officers are encouraged to attend the one day conference.

For more information contact Ann Reid at 3-6708, Master Sgt. John May at 3-6216, Master Sgt. Keith Free at 3-6471, Master Sgt. Leslie Bass, or Master Sgt. Mark Mioduszewski at 3-6304/6392.

COMMISSIONING BOARD TO CONVENE IN MAY 2003

The 919th Special Operations Wing Deserving Airman Commissioning Board will convene the May 2003 Unit Training Assembly. Packages are due to the Military Personnel Flight Career Enhancement Office Sunday of the March UTA by 3 p.m. Enlisted active duty members, as well as those activated, with degrees are eligible to apply.

Please contact Tech. Sgt. Morris at 883-6473 for more information.

AIRLIFT INFORMATION

Show time Friday is one hour prior to departure at MacDill Air Force Base and Orlando. Show time at Duke Field is two hours prior to departure. The following times are based on Central Standard Time. MacDill and Orlando residents will need to add one hour. On Friday, the UTA airlift will depart from Duke Field at 5:30 p.m., MacDill at 7 p.m., Orlando at 7:30 p.m., arriving at Duke Field at 9:30 p.m. On Sunday, the airlift will depart Duke Field at 4:30 p.m., MacDill at 6 p.m., Orlando at 6:30 p.m., and return to Duke at 8:30 p.m. For more information call the MacDill Passenger Terminal at 813-828-7844; Orlando at 407-851-8304; or the Duke Field Command Post at 800-437-8843.

Being a recruiter more than job for Duke Field sergeant

By Tech. Sgt. Allison E. Day
919th SOW Public Affairs

For Senior Master Sgt. Linda Smith being a recruiter is more than just a job.

"It's a career that pushes you," said the 919th Special Operations Wing's new senior recruiter. "I became a recruiter because I love a challenge; and I believe in the reserve forces."

Smith has been an Air Force Reserve recruiter for 17 years and came from an Air Reserve Squadron in Niagara Falls, New York. She replaces Senior Master Sgt. Kurt R. Ramm who is now on the Inspector General team at Air Force Reserve Command, Warner-Robbins Air Force Base, Ga. Smith will supervise nine line recruiters in five offices throughout Northwest Florida.

Recruiters here at Duke Field exceeded their goal for Fiscal Year 2002 regardless of the Air Force's stop-loss program. 2003 promises to be another fierce challenge for recruiting but Smith expects that they will be successful in obtaining their goal.

To ensure that success, she said she and her staff will utilize Air Force Reserve's "Get One" program. "Get One" is an incentive program that offers awards for reservists who recruit their friends, family members, or co-workers to join the Air Force Reserve team. She stressed, "If you do what is right for your applicant you will always succeed."

"Recruiting is more than numbers. It's about helping people; being a recruiter places you in a position to impact peoples' lives in a positive way," Smith explained.

"The Air Force Reserve gives people, who could not otherwise afford it, the opportunity to attend college, and with all the different programs available today, recruiting offers something for everyone," she added.

Command asking all reservists to aid recruiting effort



The new Get One program, which kicked off Oct. 1, is designed to do just that: get reservists involved in the process of bringing more people into the Reserve.

Get One is simple to use. All reservists have to do is fill out a response card, which can be found in this month's Citizen Airman Magazine. Cards are also available at the 919th Special Operations Wing Recruiting Office.

The card includes space for a potential recruit's name, address and telephone number, as well as the reservist's own information, for recognition purposes. The card is postage paid and pre-addressed, so once it's filled out, all a reservist has to do is drop it in a mailbox. No stamp is required.

If a reservist doesn't want to use regular mail, information about a potential recruit may be entered onto an electronic form similar to the card. This form is available on recruiting's Web site (<http://www.afreserve.com/getone>). There is also a toll-free number, (877) 786-2372, available for reservists to provide referrals.

Reservists, who submit referral information, will get an award just for participating. If the reservist's referral joins the Air Force Reserve, that reservist will get a special award and recognition. All reservists are eligible to participate, with the exception of Air Force Reserve Command recruiters.

Referral awards include luggage tags, squeeze lights and glass mugs. Enlistment awards include, portfolios, watches, brass coasters, recognition at base commander's calls, Base Exchange gift certificates, and paid club memberships. If a person is the top in the AFRC they are eligible for a bomber jacket, an incentive ride and an achievement medal. For more information on awards, visit the website listed above.

Midnight Express

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To the family of: